

Use this guide to find which fruits and vegetables are in season in Arizona. To find a farmers' market near you, visit AZHealthZone.org/FarmersMarkets.

September through November

Apples ●●●

Beets ●●●

Bok Choy ●●●

Broccoli ●●●

Brussel Sprouts ●●●

Cabbage ●●●

Cantaloupe ●●●

Carrots ●●●

Cauliflower ●●●

Celery ●●●

Chard ●●●

Corn ●●●

Cucumbers ●●●

Dates ●●●

Figs ●●●

Green Beans ●●●

Green Onions ●●●

Greens ●●●

Honeydew ●●●

Kale ●●●

Leeks ●●●

Lettuce ●●●

Okra ●●●

Onions ●●●

Parsnips ●●●

Pears ●●●

Peas ●●●

Peppers ●●●

Pinto Beans ●●●

Potatoes ●●●

Pumpkins ●●●

Radishes ●●●

Spinach ●●●

Squash, Summer ●●●

Squash, Winter ●●●

Sweet Potatoes ●●●

Tangelos/Tangerines ●●●

Tomatoes ●●●

Watermelon ●●●

Buy fresh fruits and vegetables in season when flavor and price are the best!

● Low Desert ● High Desert ● Mountains



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP through the AZ Health Zone. This institution is an equal opportunity provider.

Use esta guía para saber cuáles frutas y verduras están de temporada en Arizona. Para encontrar un mercado de agricultores cerca de usted, visite: ZonadeSaludAz.org/Mercados.

De Septiembre a Noviembre

Acelgas ●●

Apio ●

Betabel ●●

Brócoli ●●

Calabaza de invierno ●●●●

Calabaza de verano ●●

Calabazas ●●●●

Camotes ●●●●

Cebolla ●

Chícharos ●

Col china ●●

Col de Bruselas ●●

Col rizada ●●

Coliflor ●

Dátiles ●

Ejotes ●

Elote ●●●●

Espinacas ●●

Frijol Pinto ●●●●

Higos ●

Hojas verdes ●

Lechuga ●●

Mandarinas/Clementinas ●

Manzanas ●●

Melón chino ●

Melón ●●

Nabo blanco ●

Ocra ●●

Papas ●●

Pepinos ●●

Peras ●●

Pimientos ●

Puerros ●●

Rábanos ●●

Repollo ●

Sandía ●●

Tomates ●

Zanahorias ●●

Compre frutas y verduras frescas de temporada cuando el sabor y el precio están mejor.

● Desierto bajo ● Desierto alto ● Montañas

